

#1901WEDNESDAYMANTRA

PAUSE+*breathe*

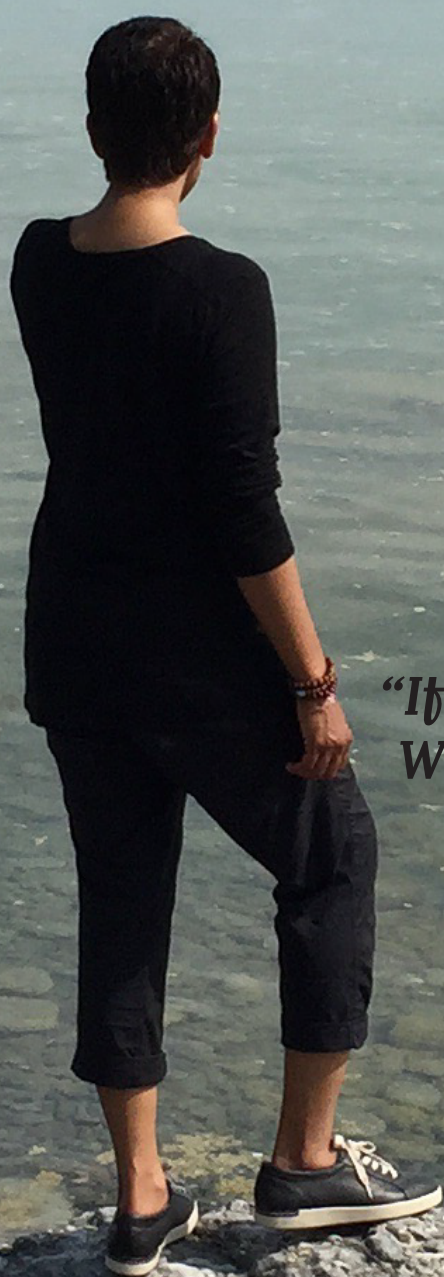
JOIN *us* FOR
6 LESSONS ON MINDFUL LIVING

Everyone ??? for all 6 classes and half of that for T School members.

STARTING SEP. 28TH • EVERY WEDNESDAY AT 6PM

Sessions will begin with a 20 minutes mindful stretch followed by 20 minutes thematic meditation.

For more information on themes visit <http://subashininadarajah2.wix.com/1901wednesdaymantra>



*“If the ocean can calm itself, so can you.
We are both salt water mixed with air ”*